

# RURAL FRINGE

*Journal of the Hall district*



VOLUME 28 ISSUE 2

April 2021

## Vice Regal visit to Hall Museum



Hall Museum and Heritage Centre were delighted to host a visit by their Excellencies, General the Honourable David Hurley AC DSC (Retd) and Mrs Linda Hurley on Sunday 14 March. They were in Hall to present the trophies at the National Sheep Dog Trials (see pages 12-13), and also chose to pay a visit on the way.

Hall Museum presented the guests with a copy of *MY EARLY HALL DAYS*, the memoir of Claude Brown relating to his boyhood and youth in the village at the beginning of last century. Claude, who went on to a teaching career, was in the fourth generation of the pioneering Brown family. Claude's nephew Bevis Brown, and 10 other Brown family descendants from three generations were present when Bevis' son Scott presented the booklet.

The couple toured three current exhibitions – *10,000 years on Halls Creek*, *Fooling around in flannels*, and *When Hall answered the call* – our ANZAC exhibition. Their visit concluded with Mrs Hurley leading the room in song!



## Bees

### American Foul Brood in Hall

After a few healthy seasons and wonderful honey, our bees suddenly suffered a massive die off and then we found the hive infected with American Foul Brood (AFB). It is a bacterial disease for bees with its spores remaining infectious for many



Burning our honey comb because of infection from AFB



Healthier times

years as well as being resilient to heat, cold and drying. Infections are quite random and may affect one hive and no others in a neighbourhood. Generally, it seems to spread through bees coming into contact with other bees that are infected, sometimes from several kilometres away. Treatment required burning all our bee combs and equipment and burying the ashes at least 30cm into the ground. The outer wooden boxes were sent to Sydney for gamma irradiation and plastic and metal parts soaked in bleach solutions. A reminder to always be checking on the health of your hive.

The good news is that we have a new hive this season and our bees are doing very well and are very happy.

Paul Porteous

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### Hall Markets reopened!

Since 1987 the monthly Hall Markets have been a major fundraising event for Hartley Lifecare - supporting people with disability. They have been unable to operate for a year due to COVID-19 restrictions, so it was with great excitement and anticipation that they reopened on 7 March. Canberra showed massive support with thousands of visitors showing up (in a COVID-safe way). 'It has been back-to-back all day,' said Margaret Morris, long-term volunteer on parking duty, 'and wonderful to see such support for the markets'.

Rotary's monthly community market in Gungahlin (opposite) has also reopened.



Hall Markets



## Clean Up Australia Day

Sunday 7 March 2021

After 150 letter box drops, we were rather disappointed with the roll up at the Wallaroo Fire Shed for 'Clean Up Australia Day'. We did however collect a considerable amount of roadside rubbish that was removed by Yass Valley Council. A big thank you to all those who participated on the Sunday and to those who collected rubbish earlier in the week.

Unfortunately, new rubbish has already appeared on the roadside; rather disappointing.



Catherine Karabin and Rod Roberts at the end of a busy morning.

## Dog's Dinner



Residents of Hall welcomed the Sheepdog Trial competitors to our village by means of the annual Dog's Dinner on 13 March at the Pavilion. Thanks to Marion Banyard and her band of helpers, we enjoyed fine food (notably Mick de Britt's specialty potatoes) and company, and were later delighted by the renditions of various bush poets. Notably, former trialer Rod Grant, now of Yass, blessed us with the following:

### National Sheep Dog Trials

by RW Grant 2021

Don't you just LOVE Australia  
n' our Aussie laid back style  
relaxing here in a country field  
at the National Sheepdog Trial.

The sheep – the dogs – the people  
an atmosphere that's great  
Ya train ya dog as best ya can  
n' leave the rest to Fate.

These dogs are smart and SO alert,  
they know just what to do  
to get these sheep  
n' round them up – n' see a project through.

Eyes sharp – they watch their master,  
DETERMINED not for loss  
they boldly – step up! – stare sheep down  
n' show those sheep who's Boss!

Sometimes they have a 'Bad Day'... yeh!  
just like you an me! Some 'Rogue!  
– some MONGREL, STUBBORN' SHEEP  
that says ... GET OUT! ... just leave me be'.

It's the nature of the contest  
right here before our eyes  
to see a dog come out on top  
and finally win the prize.

The dogs! ... ah! Mate!  
THEY'RE CHAMPIONS!  
some owners they are too, they all spend time  
to train their dogs to see what they can do.  
Of course, there's many legends! - I mention but a few...  
Geoff Jolly, Ross Dodge, Greg Prince  
... n' many, MANY more, ... so many up and coming STARS  
all banging on the door, HEY! ... n' ... what about the women!  
'TRAIL BLAZERS' coming through,  
they're showing us what they're about  
and what 'the girls' can do.

The President Sarah Sydrich  
she's done much for our mob  
so lift your hat – and take a bow  
... You've done a MIGHTY JOB!

The Dog Trials has its characters  
... (don't sweat! – I won't get 'gory')...  
Some say - don't let THE TRUTH  
disrupt your Sheep Dog story.



I once was at a sheep dog trial – just behind the judges' table,  
on the field came a man with his Maiden dog  
well known to be good and able  
he yelled at this dog, gave him all the wrong clues  
caused his dog some deliberate stress  
he couldn't have done a much worser job  
to 'short circuit' his dog's success.

It was as if he'd wanted to lose that trial ...  
I heard the Judge mention his name  
'he should have won an Oscar for this one' they said  
such acting would win great acclaim! ... so!  
I learnt a bit about politics at the sheep trials that day  
'Sometimes you must LOSE ... in order to WIN – (the next  
one)  
and I think that is all I should say!

Yes! - I was talking before about 'legends' ...  
I was going to mention him later  
he is one of the characters we all know so well  
– our loveable rogue – Laurie Slater  
you are part of the fabric that makes up our field  
n' you always give of your best  
there's dog in your blood Laurie ... that's what I think  
we've all loved your wry smile ... and your jest!

To the people of Hall - we sing praises  
you have always stood by our side  
you've given us much of your help and your time  
and we think of you with great pride.

So here's to our love of the 'sheep dog'  
our incredible four legged friend,  
our mates, our companions, our heroes  
(and to the sheep dogs!)...  
'MAY YOUR SHEEP ALWAYS BE PENNED!'

## Museum Musings

### Vice Regal visit

While the Governor General and Mrs Hurley were in town for the trophy presentations at the Sheep Dog Trials, they took the opportunity to visit the centre. A good number of our volunteers were on hand to welcome them before they were given short presentations of some of our current exhibitions by Ken Heffernan and Allen Mawer.

### Ken takes the Chair

Volunteer Ken Heffernan has played a very important role at the centre as curator of the extensive and diverse Gillespie Collection. He has overseen cataloguing of the entire collection, and the carrying out of a formal Significance Assessment project funded by a National Library of Australia grant. A follow-up Preservation Needs Analysis project is now underway. With some assistance from University of Canberra students Ken has catalogued the very large collection of Aboriginal stone artefacts, and curated the centre's award winning exhibition *Stones that speak*. He also curated a special selection of stone artefacts from Black Mountain peninsula for inclusion in the National Capital Exhibition at Regatta Point. We are delighted at Ken's appointment as Chair of the ACT Heritage Council.

We already had the President of the Canberra and District Historical Society, Allen Mawer, in our ranks.

### UC students to check us out

Lecturer Ian Batterham brought his class of 22 Cultural Heritage students to the centre on 23 March for a practical session on preventive conservation. Their annual visit was particularly welcome this year as we have recently detected an infestation of webbing clothes moth in one area of our collection! The students also examine such matters as light and humidity, and disaster preparedness.

### Interns galore

This year we are delighted to have attracted four student Interns from the University of Canberra. As part of their study programs they work with us for 120 hours on a mutually agreed project or projects. Ranjiv Masurka and Siddarth Varman, both Masters students are working in our cataloguing / archiving area with Graham Wilson and Phil Robson. Aiden Rothnie (Journalism) is researching and writing a booklet to mark our 10th anniversary, while Julia Sangster (Cultural Heritage) is researching and designing a display featuring a 19th Century school sampler.

We greatly value this temporary addition to our 'volunteer force' and take seriously our obligation to offer them learning-full tasks.

## Men's shed personality and volunteer

by **Kevin Stone**

One of the most productive members of the Hall Men's Shed would have to be Brian Charge, who each week can be found diligently working away at the scroll saw cutting out a range of items for Canberra preschool children.

Several other members also do voluntary work for the community, such as recently replacing timbers on the stands around the Hall oval and helping out at the sheep dog trials, while others enjoy using some of the equipment available at the shed.

And the shed is a great place to spend some time during the week to catch up with mates. The volunteers who regularly make sure the billy is hot and consistently provide a well catered for morning tea to enjoy do a splendid job and are to be commended.

But back to Brian.

He joined the shed around two years ago and has been cutting out wooden toys on the scroll saw the whole time. Before that, he did the same thing for about six years as a volunteer at Darryl's Den in Holt, which was an all-inclusive community based social and art activity group which had a fully equipped woodwork room and provided a range of services and activities to children and adults with disabilities. The den has since closed down, but



luckily for us, we now have Brian as a most valuable member and willing volunteer.

It's incredible to see the sheer number of objects Brian produces and I couldn't help but ask a bit about his background and why he's happy to sit and work hour after hour, where many of us go to the shed for less productive reasons.

Watching Brian carefully cut out the various shapes is something several of the shed members have enjoyed doing and I know how much the Hall and St Vincent's Aranda preschools appreciate the gifts the children receive. Brian makes sure every child receives an item to paint and take home, which means he makes around 30 each time. That requires a lot of patience, effort and dedication, all of which Brian has in abundance.

Brian said that over the years he's made a variety

of things, including Christmas trees, rabbits, snails, wood grubs, carrots, emus, plus he's got a few other ideas in the pipeline. He's a 'quiet achiever', someone who never looks for praise or compliments and always has a ready smile and kind word. But there's no doubt about the great pride he takes in whatever he's doing and the finished products.

He obviously enjoys making wooden toys on the scroll saw and said he treats it as a hobby. Brian also said it's how he can give to the community. When I pressed him on that, he looked me straight in the eye, thought for a few seconds, and with a tear filling his eyes said he wanted to do things for kids because he'd seen so many tragedies with children during his police career. I had to look down because my eyes welled up. So yes, a very worthwhile and much appreciated 'hobby'.

We're looking forward to seeing the painted cute little rabbits (with 10 nails in each one) that were presented to the Hall Preschool recently. Like the

Christmas trees they received in December, they'll be a work of art, with the children having joy putting their individual styles and colours all over them. Yes, painting the rabbits and others wooden toys that Brian donates to the two preschools give pleasure to the children, but it also helps to upgrade their fine motor skills, such as movements that occur in the wrists, hands and fingers.



The shed's proud to have Brian as a highly regarded member who has, probably without realising it, done so much for our mental well-being. And yes, he may be a 'quiet achiever', but the adults and children of the Hall and Aranda preschool communities are very grateful and I'm sure some of his toys will be around for a long time. Maybe some will even be passed down to future generations with a story about the kindhearted and friendly man who took the time to care.



*'Brian has been over taken with the kindness bug! At Hall Preschool the students have been gifted with many an animal or Christmas tree to paint and take home. Last year he made snails and we had snail races. This year he has crafted kangaroos and Easter bunnies for Easter. The students through this relationship are encouraged to say thank you and recognise Brian's contribution to our community.'*

*Karen and Jane*

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Hello fellow Hall Village and District residents. This year continues to march on with a steady stream of events and activities within the village and broader district.

The COVID-19 pandemic continues to affect many aspects of our daily lives and we have recently seen a further relaxation of the COVID requirements for business and travel.

At the last VHDP Committee meeting on 17 February 2021, Melissa Reynolds, Tony Hazleton and Dave Darnell from the Hall Volunteer Rural Fire Brigade outlined a very preliminary plan to expand the current station building on Loftus Street, in anticipation of the expected arrival of a new tanker. One approach suggested by the Fire Brigade is to expand on the community land to the east of the current building which is designated for community use but will need ACT Government approval. For further information and to provide input, please email Melissa Reynolds: [Melissa.Reynolds@act.gov.au](mailto:Melissa.Reynolds@act.gov.au)

Tony Hazleton, Captain of the Hall Rural Fire Brigade, would like to hear from community members concerned about potentially hazardous areas around Hall and is happy to discuss what the options might be. Tony explained the process for developing a hazard reduction burn plan which must be submitted

and approved before any hazard reduction burn can take place. Hazard reduction generally needs consent from the land owner/manager and there are quite a few things taken into account, including downstream impacts on plant and animal species.

The VHDP (special thanks to Jan Klaver) is seeking a Commonwealth Stronger Communities Program Grant through the Office of Andrew Leigh, the Federal Member for Fenner, to fund overdue major maintenance works at the Hall Pavilion, including interior painting, stove replacement and sewer repairs. The requirement to seek grant funding was made more critical due to the lack of revenue from the Pavilion during the COVID-19 restrictions. Fingers crossed on this one.

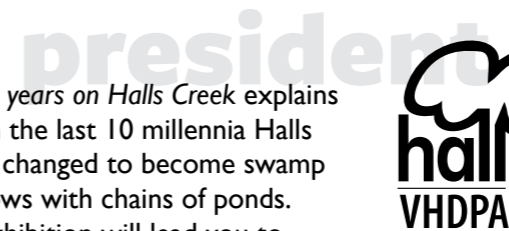
The committee has raised residents' concerns about uneven paving in Victoria Street to ACT Roads. An officer of ACT Roads was scheduled to inspect the brickwork during the last week of February. The Progress Association Committee is continuing to follow-up with ACT Roads. The online 'Fix My Street' form of the ACT Government can be used to report problems with roads, paths and lighting. However, the system works best when subsequently followed up by 'phone through Access Canberra on 13 22 81.

Their Excellencies the Governor General and Mrs Hurley visited the Hall School Museum and Heritage Centre and the final of the Sheep Dog Trials. Hall once again received Vice-Regal attention as an active and engaged community that protects its heritage while creating a positive future.

The 78th National Sheepdog Trial was held with many remarkable performances, including a 'golden point' finish between two outstanding competitors. The event was very well organised and run smoothly. The VHDP was pleased to contribute with Men's Shed labour and finance to deliver and refurbish some additional grandstand seating. Special thanks should go to Marion Banyard, Olga Minion and their band of helpers for organising an excellent and delicious 'Dogs' Dinner' for the (human) trials' competitors and Hall residents.

Another very successful Brass on the Grass was held on Sunday 28 March. an audience of about 400 people including many locals and Canberra dignitaries enjoyed a full program.

Heritage Festival will be held from 6 to 26 April 2021. This year's theme is *Reimagine* and there are some great events including two from our own Hall School Museum and Heritage Centre crews:



- *10,000 years on Halls Creek* explains how in the last 10 millennia Halls Creek changed to become swamp meadows with chains of ponds. The exhibition will lead you to reimagine the rich resource zone that was a focus for thousands of years of Aboriginal occupation.
- *Fooling Around in Flannels, Cricket on the Limestone Plains*, expands on Cricket from the 1840's. Early participants included the Queanbeyan Police magistrate (who died with ball in hand), the Squire of Ginninderra and a cohort of talented Aboriginal players. From there to the PM's XI of 1963, featuring Don Bradman's last dig, the exhibition samples Canberra's most enduring sporting obsession.

The exhibition is free and opens from 10am to 4pm on 11 April 2021. No bookings are needed.

You can find the complete heritage Festival schedule online: [environment.act.gov.au/heritage/heritage-festival](http://environment.act.gov.au/heritage/heritage-festival)

The Hall School Precinct refurbishment is almost complete with some minor electrical work and the security system upgrade well under way. There are still a few minor tweaks to the refurbishment but it is looking very bright. We had a recent shut down of the museum and some other buildings electrical systems when an unprotected supply cable running across a roof was deemed unsafe and isolated for a few days. Repairs have been completed and the cabling has been run under the building in a much more satisfactory and safe manner. Thanks to ACT Property Group for the prompt action on this unforeseen problem.

A Certificate of Appreciation was received by the VHDP from the ACT Government in recognition of the Victoria Street plantings by the Men's Shed and other volunteers, in helping to make the *Floriade Reimagined* event a success. I understand there are still some of the square timber planter boxes available at \$20 each. Contact the Men's Shed while there are still some left.

It is interesting to see the long-awaited upgrade to Kuringa Drive between the Barton Highway and Owen Dixon Drive begin. These works are expected to be completed in 2021 and there has been a number of flyers distributed by the ACT Government on this matter.

Please stay SAFE and CONNECTED.

## Dellwood tanning pit

The museum has a large collection of items relevant to the history of the Hall district and the families that lived there. The latest acquisition may be considered quite unusual but it has a direct historical association to Hall.



The Morris Family outside 'Dellwood' 100 years ago.

'Dellwood' is a homestead on the Barton Highway just outside the ACT border and was recently demolished together with its outbuildings as part of the Barton Highway upgrade. 'Dellwood' was the home of William (Billy) Morris who operated the Hall Bootmakers shop in the village. Within the 'Dellwood' grounds was the tanning pit that Billy used to tan the leather he used to make all his footwear. The tanning pit was considered an important heritage item relevant to the history of the Hall area. A group from the Hall Museum, the Barton Highway Upgrade Alliance and Transport NSW representatives negotiated the careful removal of the concrete pit to a site at the Hall School Museum. This was successfully carried out with the appropriate heavy lifting equipment and very large truck. Many thanks to all concerned in saving this important piece of history from demolition.



The pit at its present position at the museum.

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# COVID-19 immune support

Anita Kilby naturopath

The vaccine is here – we are saved! But what if, for some reason you can't or don't want to have the vaccine? A return to international travel is getting closer, so our exposure risk will increase at some stage. It's not yet known if the vaccine will reduce transmission rates. What can you do to help reduce your risk of poor outcomes if you do get the virus? This is especially important if you have any condition that puts you at higher risk of complications with a COVID-19 infection such as any respiratory or heart condition, diabetes, or immune compromise.

You can support your immune system so it can respond better to the vaccine and to any viral infection. If you haven't had a check-up with the doctor in the last year, now's a great time to get a full blood count and perhaps some of the tests discussed below. Ideally you want your white blood cells (WBC) to be mid-range (7-8), neutrophils around 3-4 and lymphocytes about half that at 1.5-2.5.

Despite the lack of useful information in popular media, there is a great deal you can do, and the research is there to support it. So let's go over some of the evidence on some simple supplements that might improve your health outcomes whether you have the vaccine or not. You can find all of the research papers mentioned online.

**Vitamin C** – It is well known that vitamin C is essential for good immune health and that levels decrease in the elderly and in those with the cardiovascular disease, high blood pressure, and diabetes. Vitamin C is a powerful antioxidant which can reduce inflammation and cytokine production. It has been shown to dramatically reduce mortality in those with acute respiratory distress syndrome (ARDS) and reduces the severity and duration of viral infections.

A February 2021 article *Low level of vitamin C and dysregulation of vitamin C transporter might be involved in the severity of COVID-19 infection* nicely outlines the benefits of vitamin C. There are many trials underway across the world using vitamin C as a treatment for COVID, but results are yet to be published.

You can get your vitamin C levels checked with a blood test, and if they are low then a supplement is undeniably a great idea. Vitamin C is a very safe and inexpensive supplement to take, best taken in several doses over the day. If it causes diarrhoea just reduce the dose and build up the number of doses gradually.

**Vitamin D** – A July 2020 meta-analysis *Vitamin D insufficiency as a potential culprit in critical COVID-19 patients* found vitamin D deficiency was significantly associated with poorer patient outcomes and prognosis: it 'plays an independent causative role in the manifestation of disease severity'. Vitamin D downregulates the two key pro-inflammatory markers involved in developing the cytokine storm that leads to the ARDS which commonly leads to death.

It really is a non-brainer to get your vitamin D levels checked. You want to have optimal levels of vitamin D – greater than 75 nmol/L. Find out exactly what your level is, it won't be flagged as abnormal on your test if it is over 50. Getting an adequate supplement dose to bring your levels up efficiently is very important. To bring your levels up by 25 nmol/L, you will need to take 3000 to 5000 IU daily for 6 to 12 weeks, then drop to 1000 to 2000 IU daily once your levels have got over 75. It is important to retest your levels after three to four months of supplementing as having too much vitamin D from supplements can be toxic.

An informative Australian article *Vitamin D deficiency in adults* by Devina Joshi and co includes appropriate supplement dosing. I recommend choosing a vitamin D3 supplement that also contains vitamin K2 which helps ensure any increased calcium absorption stimulated goes to the bones, not the arteries.




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# health

**Zinc** – a January 2021 review article *Potential health benefits of zinc supplementation for the management of COVID-19 pandemic* concludes that 'the inclusion of Zinc as a component of therapeutic or prophylactic regimen in the current treatment of COVID-19 is strongly advised.' Zinc improves the immune response, minimises infection and inflammation, preventing lung injury, inhibiting viral replication and host infectivity.

In November 2020 a small-scale study *COVID-19: Poor outcomes in patients with zinc deficiency* looked at COVID-19 patient's zinc levels upon hospital admission and found 'that a significant number ... were zinc deficient. These zinc deficient patients developed more complications, and the deficiency was associated with a prolonged hospital stay and increased mortality'. Whether these patient's zinc levels were depleted by the virus or were deficient before they acquired the infection is not known.

Loss of the sense of smell or taste can be an indicator of low zinc levels, as can the presence of a lot of white spots on the fingernails. A blood test is a more accurate assessment of your zinc levels, and ideally you'd have your copper levels checked at the same time as high copper can make it difficult to get your zinc levels up. You should have about equal amounts of each.

Zinc supplements come in different forms, the better absorbed ones are amino acid chelates, which may also be called zinc citrate, bis/glycinate, gluconate, orotate or picolinate. A daily dose of 12-24mg can be enough to boost the immune system. Taking too much for too long can impair immune function, cause copper deficiency and can also impair the sense of smell or cause headaches and dizziness, so a retest is recommended.

Please note that there are controversies about of each of these nutrients in relation to COVID-19, with conflicting research and conclusions. Taking a precautionary principle standpoint, and considering these supplements are generally safe to take, highly unlikely to cause any harm if taken appropriately, and are easy to obtain, it makes sense to take them as a safeguard. Ideally you will be getting good amounts from a healthy diet for your longer-term overall good health. Getting a good night's sleep and regular exercise also strengthens your immune system.

As these supplements can interact with some medications, be sure to check with your doctor or pharmacist that it's okay to take them with your medications. It is generally good practice to take your supplements separately from your medications, ideally at least two hours apart.

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## Hooked on the trials

by **Kevin Stone**

The National Sheep Dog Trials have been held in Canberra for 78 years, and part of the Hall Village landscape since 1978, but I've never taken the opportunity to attend, mainly because it didn't really interest me. Well, that's what I thought!

I was so wrong!

My curiosity began when the Hall Men's Shed was asked to fix some of the stands around the oval prior to the dog trials. Getting involved in that exercise and talking to some of the other volunteers who go to the trials got me curious and I started to wonder what all the fuss was about. Surely watching a dog chasing a few sheep around an oval would be pretty boring!

But keeping an open mind, I thought it would be one step closer to seeing the dogs in action when the shed was also asked for volunteers to staff the trial gates. So along I went with my 'open mind', but still with a certain amount of doubt thrown in.

If nothing else, the rural setting of Hall is such a wonderful place to spend some time, and I always enjoy wandering around and taking in the natural environment so close to suburbia. So what better place to hold a national event?

During one of my shifts on the gate I chatted to people as they came through and quite a few had either been over the years or were quite excited to be there for their first time. In fact, someone mentioned that it was the best thing that Canberra puts on! High praise indeed.

It was surprising, for me at least, to hear that many competitors had come from quite long distances, such as upper New South Wales, Queensland and Victoria. It's certainly a great social time with a real friendly, agriculture-community atmosphere with people happy to talk about their lifestyle and obvious love for their dogs.

One of the very pleasing aspects of my time there was strolling around the arena and seeing the crowd enjoying themselves. And I met up with local identity and mate, Brian Banyard and always gracious wife Marion, who gave me a rundown on what the competition was all about and basically how the points were allocated.

But watching the dogs in action is just amazing!

I found it hard to know who or what to 'barrack' for! Would it be the handlers, who displayed fantastic and often unique skills with hand gestures, whistle or voice; the incredibly intelligent dogs, so patient, so quick and agile; or the sheep, which sometimes looked like they wanted to be anywhere but where they were and only desired to eat grass? There was a collective sigh of relief all round at the end of the course, after they had been herded around winding pegs, through a race, over a bridge and finally into a pen! Even watching the pickup dogs collecting the sheep after the 15-minute time allocation was interesting, because the sheep seemed very relieved and the dogs obviously enjoying themselves!

To finish off a great time on Saturday, the Dog's Dinner was a real success with about 80 in attendance and another opportunity to meet some of the handlers/owners. Once again all the volunteers did a fantastic job with a variety of meat, salads and desserts to choose from. There was a presentation of well-deserved awards, some great poetry read out and overall a chance for many of the competitors to relax and talk about their experiences throughout the week.

And on the final day, the top dogs and handlers went down to the last six, with a 'first time run

off' to determine the overall winner, which was Tony Elliott and his wonderful dog Gundagai Frosty (aka Frosty). This meant that His Excellency General the Honourable David Hurley AC DSC (Retd) and Her Excellency Mrs Linda Hurley had an unexpected delay in their schedule, but they were obviously enjoying each event and having more time to chat with the handlers and spectators.

While I was savouring the homemade scones, jam, cream and a cuppa it was good to hear that more women and young ones (male and female) are getting into the art of sheep dog trialling, so the deep association with the competitors and of the dog's bloodlines is assured to continue for future generations.

So like many other people who attended for the first time, I was completely hooked! Why hadn't I been before? But I'm very glad I went and will certainly put it in my diary to attend next year.



In a dramatic finish to the 78th National Sheep Dog Trials, we were on the edge of our seats when a 'run off' was needed between tying first-place competitors Mick Hudson with MGH Tri and Tony Elliott with Gundagai Frosty. Gundagai Frosty is a 14 month old novice who, having placed 3rd in the Maidens, qualified for the Improver and then went on to win the Open! Pictured with His Excellency General the Honourable David Hurley who kindly graced the trials with Her Excellency Mrs Linda Hurley, and presented the prizes for the trialers, including the prestigious Duke of Gloucester Sash.



Tony Elliott, Frosty and official guests.  
photo: Luke Foster



Linda Denning and Clonlara Whip.





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# Springfield Rural Fire Service

**Rebecca Morrison**  
President

## Getting ready for winter

As we head into the cooler months, it's time to start preparing our fireplaces. Before you light your first fire, be sure to check your flue for carbon build up or even bird nests – all fire hazards. You will be shocked at how quickly carbon accumulates.



Carbon build-up in a flue – a chimney fire in the making

... continues on page 24



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# HALL COUNTRYSIDE & BEYOND

Local artist Isla Patterson's *Hall Countryside & Beyond* art exhibition was opened on Saturday, 20 March at the Capital Wines Kyeema Gallery by David Kilby, wearing his distinctive red shoes and entertaining the 50 guests with some fascinating stories about Isla's paintings and the district. It was a good introduction and great encouragement to buy the beautiful paintings on display.

This watercolour exhibition is by Isla Patterson and paintings include scenes around Hall of historic places such as Jeir Woolshed, an old barn at Nanima, waterway through Nearly property, the scar tree on Hall creek at the Exhibition centre, autumn view of the Brindabella Hills Winery, Gooroomon Ponds and Woodgrove Farm.

Isla was born in South Australia, where she first took up and studied art before living in the USA from 1975 to 1978 to continue her studies. She had her first solo exhibition during that time, but since then Isla has held over 21 successful solo exhibitions and won numerous awards. In addition to her wonderful painting, Isla is teaching art and judging art exhibitions, and has also conducted art classes and exhibitions for the MS Society, ACT.

Isla's paintings are proudly displayed in private and public collections throughout Australia and overseas. And if you get the opportunity to see this exhibition, you certainly won't be disappointed.

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Kevin Stone's daughter Nikki shows off one of the beautiful paintings at the art exhibition.

## Ten Little Figs named a 'Notable Book' by the Children's Book Council of Australia

Congratulations to local Hall author, and former editor of the Rural Fringe, Rhiân Williams.

Rhiân's first book, *Ten Little Figs* – a children's picture book, has been named as a Notable Book in this year's CBCA Book of the Year Awards.

*Ten Little Figs*, which has been described as a joyous ode to the Australian landscape is about a little person who loves figs, counting down as they disappear from the tree, each one taken away by a different Australian animal. But Daddy saves the day and the last little fig!



Established in 1946, the annual CBCA Book of the Year Awards aim to:

- promote quality literature for young Australians
- support and encourage a wide range of Australian writers and illustrators of children's books
- celebrate contributions to Australian children's literature.

To see a full list of nominated books visit: [www.cbca.org.au/notables-2021](http://www.cbca.org.au/notables-2021)



*Ten Little Figs* has been nominated in the category of *Book of the Year – Early Childhood*. Other nominated books in the same category include: *Busy Beaks* by Sarah Allen, *Coming Home to Country* by Bronwyn Bancroft and *Australia Under the Sea 123* by Frané Lessac.

You can purchase a signed copy of *Ten Little Figs* from Hall Post Office or from Hall's very own bookshop the Book Cow in Kingston! And keep your fingers crossed!

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## The village smithy stands<sup>1</sup>



In December last year Chris and Lyn McAppion (Benn) donated a treasure to the centre – the final ledger used by their great grandfather, Henry (Harry) Rowland Curran, the fifth and last smithy to ply his trade at the Ginninderra blacksmith shop which was built in 1860.

The ledger documents, in free-flowing handwriting, the services Harry provided for his many customers from 1914 until 1945, just a few years before his retirement at the age of 82: reputed to be the oldest professional blacksmith in the country.

Harry worked at the Ginninderra Blacksmith's Workshop first as an apprentice for his uncle, George Curran, from 1882 to 1889. When George sold the Ginninderra smithy to Alexander Warwick, Harry followed his uncle to Bungendore for three years before returning to his Ginninderra Village home in 1891, when he took over the workshop in his own right after Alexander Warwick walked out, having gone bankrupt.

He established himself as a first-rate artisan, with many acknowledging that he was the most skilled smith of the Limestone Plains. On occasion, he even had to defend the integrity of his work, as some thought it was of such high calibre that it could only have been machine-made.

Back in Ginninderra, Curran wasted little time in marrying local girl, Agnes Gribble, from The Valley and together they had three children: Vera, Arthur 'Chappie' and Henry 'Babe'. By the late 1890s,



Henry (Harry) Curran

George and Agnes had built a weatherboard home with a corrugated iron roof, situated about 100m east of the workshop where they lived for most of their married life, surviving a massive bushfire in 1905.

Harry and Agnes were highly respected members of the Ginninderra community, with Agnes an accomplished cook, dress maker and sportswoman. Both were gifted in horsemanship – Agnes as a sulky driver and Harry as an expert farrier, travelling each week to tend the horses at the military stable at Duntroon. Perhaps Harry's most important contribution to the local community was his long-term work in supporting and developing the local agricultural shows: primarily that of the Ginninderra Farmers' Union. These shows were held in the field opposite the blacksmith shop.

The blacksmith was an important person in 19th century Australia. He provided an essential service to the local community, including shoeing horses, manufacturing small implements such as nails and bolts, and larger ones such as ploughs. He also repaired horse-drawn vehicles. The Maloney family bred and raced horses and were frequent customers. One of their horses 'Moonlight' appears often in Harry's ledger. It won the 1933 St Patrick Day Handicap in front of Prime Minister Lyons and 500 spectators, at the old Acton racecourse wearing four of Harry's best racing quality horse shoes.

In June and July 1914 Harry supplied Freddie Johnston, a young surveyor working with Scrivener and Mouat on defining the Federal Capital Territory border, with his tools of trade. The ledger records show that Freddie was given a discount, probably because he paid at the time he received his goods – an unusual occurrence at the time. Johnston went on to become the Commonwealth Surveyor General.

The Blacksmith was also a focal point for social gatherings, especially in winter with the warmth generated by the forge. The presence of an Aboriginal glass artefact on site supports historical documentation that Aboriginal people were also attracted to the workshop.

Despite the quality of his work by the 1930s demand for his services had waned, with a

Mardie Troth volunteer



In 2003 when Dr Peter Dowling was undertaking a conservation review of the Ginninderra blacksmith shop for ACT Heritage, he gathered primary source material from Beulah McAppion, Harry Curran's granddaughter. Beulah was a constant visitor at the shop as a child, after school and during school holidays. With her very visceral memories Peter was able to 'pen' this image of the working environment of the last Ginninderra smithy.

diminishing reliance in the district on horsepower. The scant entries in his ledger confirm this decline in demand. A brief respite came during the petrol rationing of the war years, which enabled him to continue at his forge but when the Menzies' Government came to power in 1949, promising to end the rationing, he could see that the game was up. The smithy's shop was closed and Harry retired.

The blacksmith shop lay in disrepair for many years. Beginning in 2004, conservation work was completed under the direction of ACT Heritage, an Interpretative History of the site was completed in 2011 and in 2013, under the ACT Government's Canberra Tracks heritage program, the site was stabilised, the original bellows placed in situ and a security fence mounted around the perimeter of the building. Its long-term future is uncertain.

The Ginninderra Blacksmith's Workshop is just off the Barton Highway on the left, past Gold Creek and before the traffic lights heading into Canberra.



The old Ginninderra blacksmith shop in 2013, undergoing conservation.

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[www.canberratracks.act.gov.au/heritage-trails/track-5-gungahlin/ginninderra-blacksmiths-workshop](http://www.canberratracks.act.gov.au/heritage-trails/track-5-gungahlin/ginninderra-blacksmiths-workshop).



## Dr Ken Heffernan new Heritage Council Chair

Congratulations to long-term Hall resident Dr Ken Heffernan on his recent appointment by the ACT Government as Chair of the Heritage Council. The ACT Heritage Council is an independent body established under the Heritage Act 2004. The Council's role includes identification and assessment of nominations to the ACT Heritage Register and providing advice on appropriate conservation of cultural, natural and Aboriginal heritage places and objects in the ACT.

Ken is an archaeologist and former lecturer, researcher, archaeological consultant and government manager in a range of cultural heritage areas. These included historic and Indigenous heritage, world heritage, movable cultural heritage, heritage economics and legislation policy. He was a member of the ACT Heritage Council in 1992-1995 and Deputy Chairperson in 1995-1997 and 2018-2021. Ken is also a volunteer curator of the Gillespie Collection at Hall School Museum and Heritage Centre.

In an interview with the *Sunday Canberra Times* (Jasper Lindell, 7 March 2021), Dr Heffernan encouraged developers to engage early with the ACT Heritage Council in planning future developments. 'Essentially, the future for places quite often depends on change and development because things don't just stay up themselves. Even the wind and gravity will knock them down, so we've got to think as much about the future as the past,' Dr Heffernan said. 'The earlier that the Heritage Council's involved, the more likely is that the cost of dealing with heritage appropriately will be low.'

Dr Heffernan would also like to see greater engagement with Aboriginal heritage in Canberra, echoing comments made by new council member Caroline Hughes, a Ngunnawal elder. Mrs Hughes said that names of the Territory's key landmarks, including Black Mountain and Mount Ainslie, should have dual names to reflect their Indigenous heritage, while the council needed to protect more key Ngunnawal sites.

Dr Heffernan said the Heritage Council should work to list more places of Indigenous heritage in the territory. 'I don't know how many places we can manage, we'll work with nominations that come to us. That's what I'd like to see, a really lively environment, one that foments an interest in Aboriginal history and allows us to learn from Aboriginal people,' he told the *Sunday Canberra Times*.



Dr Ken Heffernan (right) with Alastair Crombie welcome the Governor General and Mrs Hurley to the Hall School Museum and Heritage Centre on 14 March.

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## Wanted: candidate from our areas for Yass Valley Council elections in September

The nine Yass Valley councillors have a very big job. The shire covers 4000 square kilometres, from Collector to Bookham to Wee Jasper and everything in between. And imagine the issues the councillors deal with! They have to look after about 1200 km of roads and half of those are dirt. The grading program is thrown into chaos whenever we have our 'gully raker' rain events and everyone is screaming for attention. Then there are bushfires, major developments, weed control, pests and myriad community social issues. And all that is before they turn their attention to the community building stuff like over the horizon tourism opportunities, bike trails, village revitalisation and parks and gardens.

It's a big and diverse job. And a sobering perspective for those of us who live in the area nestled against the ACT. It makes it a little easier for us all to understand how hard it is for the councillors to customize their thinking and really grapple with the specific issues we face. And make no mistake – we do face issues here in the *Rural Fringe* readership zone, which the rest of the YVC does not.

Consider the peculiar case of the Ginninderry development if you are in any doubt. I am sure they will be beautiful homes and it will be laid out with great care, but in a few years we will have a very strange situation whereby there are more residents of the Yass Valley who live in Ginninderry than actually live in Yass! And yet those Ginninderry YVC residents are not having services provided by Yass nor is there a road from the development into the Yass Council area.

Or ponder the 5km 'no inappropriate development' buffer zone introduced a few years ago by the council to cover the strip along the edge of the ACT. It is not clear to us how the council fits Ginninderry into this policy nor exactly what the vision is for this zone. Some residents like the 5km carve-out and some don't. The Mount Spring Association does not have a policy position on it and I am not arguing for or against it here. What I am saying is that the 5km zone puts up in lights the fact that YVC councillors and officials absolutely understand that there is something different and delicate and specific about our part of the world.

Which of course is obvious to anyway who drives behind the lines of heavy trucks racing ACT fill out to properties in our area. Or the vast numbers of Canberra bike riders who dice with those trucks daily and risk plunging from the potholed roads. Or the hordes of interstate (and pre COVID) international visitors weaving between them and plying the gourmet outlets sprinkled through Wallaroo, Springrange, Murrumbateman, Sutton and Gundaroo. Throw into this mix a massive renewable energy installation and murky rules regarding filling quarries and gullies and, as Mount Spring Association keeps saying, there are issues a plenty! We must look to work together as a community to help YVC help us.

Which brings me to the upcoming council elections in September.

Our association is looking for a candidate to support in the campaign. Could that be you?

Hear me clearly please. We are not looking for a 'Mt Spring Association' badged candidate. We are simply seeking to encourage someone from our peri-urban community, for whom all our issues are also their own, to put up their hand for this important public service.

For our part we will be happy to help the right person in any way we can. Perhaps letterboxing of pamphlets and adding corflutes to front fences and so on?

At the very least the council and officers will certainly take note.

If you are interested in this chance, please email our MSA Secretary Maxx Wei [adedra.maxx@gmail.com](mailto:adedra.maxx@gmail.com)

## WANTED

**Candidate for council.**

Do you care about our area?

Have you the time and passion to run for the

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## Wallaroo Rural Fire Brigade

**Luke Amor** Secretary and Deputy Captain

Whilst it has been reasonably quiet around the area, in comparison to 12 months ago, it has been a vastly different year. This season the brigade has been involved in a small handful of local call outs to grass fires and motor vehicle accidents.

As we are now in April, and the close of the statutory Bushfire Danger Period (1 October - 31 March), permits to burn will not be required, however, you must still notify the RFS and your neighbours 24 hours prior to burning. All of this information can be found on the NSW RFS website.

Also coming into the cooler months, we urge residents with wood heaters to check their chimneys and perform any maintenance.

We are still seeing a steady trickle of people interested in joining the brigade, which is great to see and we do encourage any interested local residents

to join us. It's not all about firefighting, as there are many different roles within the NSW RFS, so if you are interested, please come and join in with training on the first and third Wednesdays of the month at 6:30pm or on the fourth Wednesday of the month when we perform vehicle and station maintenance.

It is good to see the people who have joined during last season, or near after, that have gained their qualification and have had the opportunity to attend a couple of small incidents and see how it all works and put their skills to use.

We have completed the shed and grounds upgrades, and we could not have achieved this without the generous support of many local businesses and cannot thank them enough for the generous contributions of materials and labour. We also thank our brigade members and their families for the continued support.

We are looking to have a mural complete on the side of our storage container and would like to speak with any local artists that may be interested, and hopefully we can combine this with an official opening as well as a small ceremony for long service medals later in the year.

On a side note, if there is an emergency, please call (000) Triple Zero, and not call the brigade members or send messages to the brigade Facebook page to report an incident.



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## Getting your lawn, trees and shrubs ready for winter

by **Lisa Walmsley**

I know most folk are not the slightest bit interested in discussing anything to do with winter, even though I love winter and I particularly enjoy gardening in winter.

One critical job to do in your garden before winter is to fertilise everything, do not let your plants go to bed for the winter hungry and that includes your lawn.

The last few fertiliser applications before winter are always important. For cool season lawns (fescue and rye) nitrogen is critical and for warm season lawns (couch, kikuyu and buffalo) potassium is important.

When selecting a fertiliser it can be good to understand the N-P-K (Nitrogen-Phosphorous-Potassium) but it's not essential in selecting your fertiliser. For lawns in our part of the country, heading into the winter the most important macronutrient is nitrogen.

The ideal time to apply your fertiliser before winter is after the last mow before dormancy, this is when growth has not completely stopped but is preparing for its dormant period.

When fertilising now your lawn will respond to the fertiliser treatment by taking in the nitrogen and storing it over the winter. In the early spring your lawn will use the nitrogen to come out of dormancy and kick start the spring growth. You can always spot a lawn that's had a pre-winter fertiliser from lawns that have not, by the colour variation, with the unfertilised lawn looking yellow rather than bright green.

During other times of the year you can use a variety of fertilisers, including liquid fertilisers and even well decomposed manure but the pre-winter fertiliser should be a quick release nitrogen so the lawn can take it up quickly and absorb it before it gets too cold. Synthetic fertilisers usually work faster than organic fertilisers.

Fertiliser should be applied at approx: 500gms to 100m<sup>2</sup>. In this case, more is not better, so don't go above this as you may burn the lawn.

Trees and shrubs also benefit from a pre winter fertilise and that includes evergreen and deciduous. Shrubs can simply have a handful of fertiliser at the base of the plant but not against the stem. Trees need a little more work. Drive a shovel into the soil in about three locations around the drip line of the tree. After you drive the shovel into the soil, tilt the shovel to create an open 'wedge' in the soil, pour a cup full of fertiliser into the opening, pull the shovel out and squash the soil back together with your heel.

I also really love using manure under trees and shrubs and before adding mulch. Manure doubles as a soil conditioner and attracts worms and microbes that plants like to feed off.

Whatever you choose to use on your plants, it will all be beneficial and something is better than nothing.

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## Springfield Rural Fire Service

continued from page 14

It has been an incredibly quiet summer for the brigade, and after the previous year, we have been grateful for the reprieve! We have been using the time to develop the skills of our members, including some new people to Springfield, as well as make some enhancements to our fire sheds and equipment.

Many of you would have been aware of the major fundraising drive by Australian comic Celeste Barber following the fires of 2019/20. Springfield Brigade used their allocation of funds from that momentous event to invest in additional equipment for our trucks, including battery powered tools, VHF handheld fire ground radios as well as motors for the fire shed roller doors. All these items let us help you with more efficiency. We are thankful for any donation to our brigade. Every cent helps us serve our community better.

Here are some other tips to ensure your home is safe and warm as the temperatures drop:

- Prior to using your fire, have your chimney serviced by a qualified tradesperson.
- Purchase a fire screen if you do not own one. Fire screens should always be placed in front of fireplaces when in use.
- Ensure your wood pile sits at least a metre away from the fireplace.
- Choose a safe place to store matches and lighters where children cannot reach and that is at least a metre away from the fireplace.
- Ensure you have working smoke and carbon monoxide alarms.

### Planning a burn?

As the Bushfire Danger Period ends on 31 March, many people start planning pile burns in the cooler weather. Whilst a permit may no longer be required you still need to advise the Rural Fire Service know of your plans (see NSW RFS website). Do the right thing and make direct contact with your neighbours and the RFS before you light up.

### Diary dates

Training happens every second Wednesday of the month from 6-8pm at our Patemans Lane Shed. We encourage all active members to attend to sharpen their skills, particularly on the new equipment we have. There is always something to learn or knowledge to share.

Our AGM will be held in May – date to be confirmed. Keep an eye out for an email or on Facebook for more details. We are always looking for people to get involved in the Brigade and you don't have to be an active fire fighter to play a role.

If you have any questions about our brigade, the fire safety or becoming a member, please contact me on **0407 943 813** or email [tomandbecmorrison@hotmail.com](mailto:tomandbecmorrison@hotmail.com)

## Are you getting enough sleep?

by **Robyn Monteleone** hypnotherapist


A good diet, exercise and sleep are key to keeping our body and soul healthy. If you are missing out on enough sleep, research shows our cognitive function declines and so do our motor skills. Lack of sleep can cause an equivalent lack in function to being drunk, at extreme levels. Any parent whose sleep is interrupted by a baby/child/children will concur sleep deprivation is a form of torture.

If you are finding you are having trouble getting to sleep or waking up in the middle of the night, some of these tips may be helpful:

- Finish eating and snacking at least 2-3 hours before you go to bed. A full stomach can impact your ability to sleep.
- Minimise caffeine in the afternoon and evening.
- Get some exercise during the day; walk up the stairs, dance while brushing your teeth, park the car a little further away from where you need to be and walk.
- Turn off screens an hour or so before bed time as the light from the screen can keep you awake.
- Write down your 'to do' list and any thoughts about the day and what you need to remember for tomorrow.
- Download the day, write in a diary or journal and get your thoughts and emotions on paper.
- If you wake up with racing thoughts in the middle of the night, get up and write your thoughts down. Once you've written them down, it's likely you'll be able to go back to sleep.
- Check in with your GP for any physical reason for your lack of sleep.

If you find you are still having difficulty getting to sleep, or you are waking up in the middle of the night, hypnotherapy can help. Adequate sleep helps you function at your best. What will you be able to do when you are sleeping well?

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### Fiction



**THE PERFORMANCE** by Claire Thomas Paperback RRP \$32.99  
 This is likely to be a big title in 2021. It is a tightly woven examination of women's inner lives that is enthralling, profound and deeply human. As bushfires rage outside Melbourne, three women watch a performance of a Beckett play. As the performance unfolds, so does each woman's story. By the time the curtain falls, they will all have a new understanding of the world beyond the theatre.

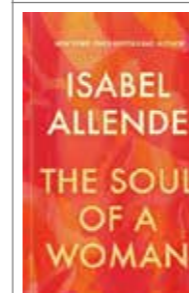


**KLARA AND THE SUN** by Kazuo Ishiguro Paperback RRP \$32.99  
 Klara and the Sun is a stunning new novel by Kazuo Ishiguro - the first since he was awarded the Nobel Prize in Literature in 2017. It asks what does it mean to love? A thrilling feat of world-building, a novel of exquisite tenderness and impeccable restraint. Find out what Klara, our Artificial Friend, observes of those around her.

### Non-Fiction



**THE BELIEVER** by Sarah Krasnostein Paperback RRP \$34.99  
 Sarah Krasnostein explores the power of belief. Weaving together the stories of six extraordinary ordinary people, *The Believer* looks at the stories we tell ourselves to deal with the distance between the world as it is, and the world as we'd like it to be. How they can stunt us – or save us. From an award winning author, a work that will surely leave its mark.



**THE SOUL OF A WOMAN** Isabel Allende Hardback RRP \$22.99  
 This is a wise, warm, defiant new book from literary legend Isabel Allende. A meditation on power, feminism and what it means to be a woman. And a beautiful hard cover as well.

### Kids and Young Adults



**EARLY ONE MORNING** by Mem Fox Hardback RRP \$19.99  
 Early one morning on the farm, a boy sets out to find his breakfast. Where could it be? In the tractor? In the haystack? With the sheep? With the ponies...? Little readers will delight in the story's guessing game and following the boy on his ramble around the farm. From bestselling author Mem Fox and award-winning illustrator Christine Davenier.



**CHAIN OF IRON: THE LAST HOURS, BOOK 2** by Cassandra Clare Paperback RRP \$27.99  
 A serial murderer is targeting the Shadowhunters of London, killing under cover of darkness, then vanishing without a trace. Cordelia Carstairs and her fellow Shadowhunters must follow the trail of the knife-wielding killer through the city's most dangerous streets in the highly anticipated and romantic sequel to Chain of Gold.

Last year, on the final day of the Sheepdog Trials (15 March 2020), there were three other momentous things going on in Hall: the Governor General was visiting our village, Gail, our layout artist and I were trying to put together the *Rural Fringe* and include photos of the winners of the trials, and the Prime Minister announced that we were no longer allowed to shake hands. A few days earlier I had cancelled an overseas trip and a few days later our borders officially closed, but for me I will always associate the beginning of the COVID-19 pandemic in Australia with the final day of the sheepdog trials.

As I write this exactly a year later there have been 119 million confirmed cases around the world and an awful 2.64 million deaths (according to the World Health Organisation). Some of the terrible statistics from the worst affected countries include:

- USA 528,456 deaths
- Brazil 275,105 deaths
- India 158,607 deaths
- United Kingdom 125,464 deaths

Against these figures, it is staggering to me that Australia has managed to confine the number of deaths to 909. How fortunate we have been to have got on top of this terrible pandemic. And with a global figure of 300 million vaccine doses administered so far, we can hope that we are turning the corner.

So I will remember this year's sheepdog trials for hopefully marking the beginning of the end of the pandemic. Preparing this *Rural Fringe* we were inundated with articles as everything has opened up again. The Hall Markets opened for the first time in March and were massively supported. The Hall School Museum and Heritage Centre has reopened, the Men's Shed is steaming ahead, Isla Patterson's art exhibition at Capital Wines, Bushrangers rugby, the kite festival, Brass in the Grass and much more. So while our international borders remain closed and interstate travel is unpredictable, we have all become used to the Check in CBR app, perpetual hand sanitising and distancing and life has settled into this new normal pattern while we wait our turn to be immunised.

And what a sheep dog trials it was! The most exciting finish I've ever seen and to be graced again with the presence of the Governor General and Mrs Hurley is an acknowledgement of Hall's community of volunteers and heritage.

Until next time,  
Jo Hall

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## Letters to the editor

Here's your chance to raise issues and to engage in community discussion,

email: [ruralfringe@hotmail.com](mailto:ruralfringe@hotmail.com)

post: **Rural Fringe**  
po box 43  
Hall  
ACT 2618



### The Rural Fringe – ISSN: 1329-3893

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**Contributions**  
Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not. These deadlines ensure publication by the 10th of every second month.

February issue deadline is 10 January  
April issue deadline is 10 March  
June issue deadline is 10 May  
August issue deadline is 10 July  
October issue deadline is 10 September  
December issue deadline is 10 November

It is the policy of the VHDP that articles which are dominantly about the profit making activity of any group or individual can only be accepted for publication if the same issue carrying the article has a paying advertisement of similar size.

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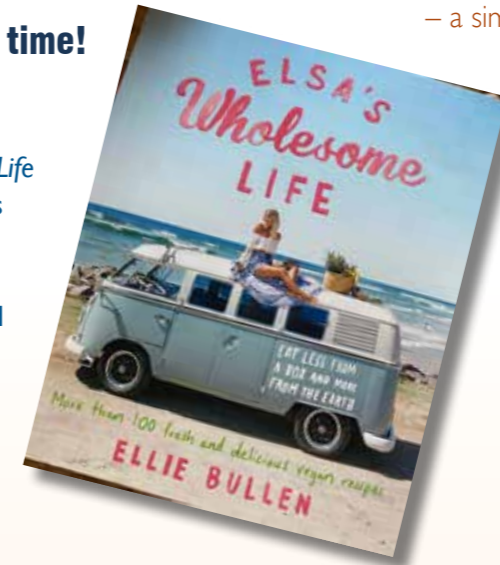
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## Saving the World One Brussels sprout at a time!

February issue competition:

The winner of *Elsa's Wholesome Life* by Ellie Bullen is Alison Reynolds with her mouth-watering slow roasted vegetable sandwich. Alison says the plainer the bread the better, as it allows the rich flavours of the roast vegetables to delight your tastebuds.




A food column based on *The Planetary Diet* – a simple way to combat climate change, preserve biodiversity and improve our health.

How to make it:

- cover the first piece of bread with generous slices of oven roasted beetroot
- add a layer of slow oven roasted tomatoes that in the final 15 minutes of roasting have been generously sprinkled with fresh thyme and oregano
- add a layer of roasted eggplant and top with your favourite hummus
- top with the final piece of bread and slice and enjoy!



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# Kite festival at the Hall Ovals

*photos: Paul Porteous*

